What is claimed is:

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1. A head-mounted display, comprising:

a main wearing frame for placing on a wearer's head;

a support frame connected to the main wearing frame;

a video output terminal module fixed on the support frame support, the video output terminal module including a right output socket and a left output socket; and

at least one display unit connected to either the right output socket or the left output socket.

- 2. The head-mounted display of Claim 1, wherein the video output terminal module includes an output terminal base for fixing the right output socket and the left output socket on the support frame.
- 3. The head-mounted display of Claim 2, further comprising a plurality of sliding mechanisms for the output terminal base and the right and left output sockets to have relative sliding movements.
- 4. The head-mounted display of Claim 1, wherein the video output terminal module further includes at least one extension socket connected to either the right output socket or the left output socket.
- 5. The head-mounted display of Claim 1, wherein the support frame joins the main wearing frame by a rotatable joint.
 - 6. The head-mounted display of Claim 1, wherein the support frame includes at lease two links engaged by a rotatable joint.
 - 7. The head-mounted display of Claim 1, wherein the support frame is made of a flexible and shapeable snake tube.

- 8. The head-mounted display of Claim 1, wherein the display unit is suitable for both eyes of the wearer.
- 9. The head-mounted display of Claim 1, further comprising a speaker provided on the main wearing frame and near ears of the wearer.
- 10. The head-mounted display of Claim 1, further comprising a microphone extended from the main wearing frame and near the wearer's mouth.
 - 11. The head-mounted display of Claim 1, wherein the main wearing frame includes two secondary wearing frames separately going forward both ears of the wearer.
 - 12. The head-mounted display of Claim 1, wherein the main wearing frame further includes a Bluetooth modular for receiving external video and audio signals.
 - 13. A head-mounted display, comprising:
 - a clamping mechanism;

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- a support frame connected to the clamping mechanism;
- a video output terminal module fixed on the support frame support, the video output terminal module including a right output socket and a left output socket; and
- at least one display unit connected to either the right output socket or the left output socket.
 - 14. The head-mounted display of Claim 13, wherein the clamping mechanism is capable of clamping the main frame of an earphone set.
- 15. The head-mounted display of Claim 13, wherein the support frame includes at least two links engaged by a rotatable joint.
 - 16. The head-mounted display of Claim 13, wherein the support

frame is made of a flexible and shapeable snake tube.

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- 17. The head-mounted display of Claim 13, wherein the video output terminal module includes an output terminal base for fixing the right output socket and the left output socket on the support frame.
- 18. The head-mounted display of Claim 17, further comprising a plurality of sliding mechanisms for the output terminal base and the right and left output sockets to have relatively sliding movements.
- 19. The head-mounted display of Claim 13, wherein the video output terminal module further includes at least one extension socket connected to either the right output socket or the left output socket.
- 20. The head-mounted display of Claim 13, wherein the main wearing frame further includes a Bluetooth modular for receiving external video and audio signals.